### **39<sup>TH</sup> ANNUAL HOLLAND HALL CROSS COUNTRY INVITATIONAL** SATURDAY, SEPTEMBER 21, 2024 - UPDATED INFORMATION

9/18/24 - 1:00 PM

### **LOCATION & COURSE** Our course is located completely within our campus at 5666 E. 81St Street, between Sheridan and Yale, in Tulsa. It is a rolling grass/dirt course, crossing short stretches of gravel and

and Yale, in Tulsa. It is a rolling grass/dirt course, crossing short stretches of gravel and pavement with two relatively steep climbs through a wooded trail for the 5000m course. The 3200m course is a 2 loop course with no hills.

<b>SCHEDULE</b>	Entry Limits	Time	Distance
Coaches Meeting (Startling Line)		7:50 am	
Varsity Boys	7 runners	8:00 am	5000m
Varsity 5k Girls	unlimited	8:30 am	5000m
JV Boys	unlimited	9:00 am	5000m
Varsity 2 Mile Girls	unlimited	9:30 am	3200m
Jr. High Boys	unlimited	9:55 am	3200m
Jr. High Girls	unlimited	10:15 am	3200m
Elementary Boys	unlimited	10:35 am	1600m
Elementary Girls	unlimited	10:50 am	1600m

*NEW - There will be 2 high school girl races, 5k and 2 Mile. You can enter in as many runners in either race. Each school can enter in both races, you can enter some in the 5k and the rest in 2 Mile.* 

#### **REGISTARTION**

Coaches must submit all entries on the ENDURO USA<sup>™</sup> website: www.endurousa.com. — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** —**ONLINE ENTRIES DEAD**-**LINE: September 20 at noon.** Complete ALL the steps on the "Entries Window". Make sure to "VERIFY". TEAMS WILL NOT BE ADDED AT THE MEET. If you need help with your ENDURO USA<sup>™</sup> account, please email your questions to jhughes@elginps.net.

#### **MEET TIMING & RESULTS**

RFID Chip Timing for the meet is provided by 12:1 Running Timing Services. Live results are available at www.twelve1running.com.

#### ENTRY FEE

**High School:** Boys - \$50; Girls - \$50 or \$85 both high school teams or \$10 per individual. **Junior High:** Boys - \$50; Girls - \$50 or \$85 for both Junior High teams or \$10 per individual. **JV** teams are free with varsity team entered if not same as varsity fee. **Elementary** race is free. Make checks payable to Holland Hall School.

#### AWARDS

Trophies will be given to the top three schools in Varsity/Jr High divisions. Medals will be awarded to the top fifteen (15) Varsity/Jr High individuals and top ten (10) JV individuals.

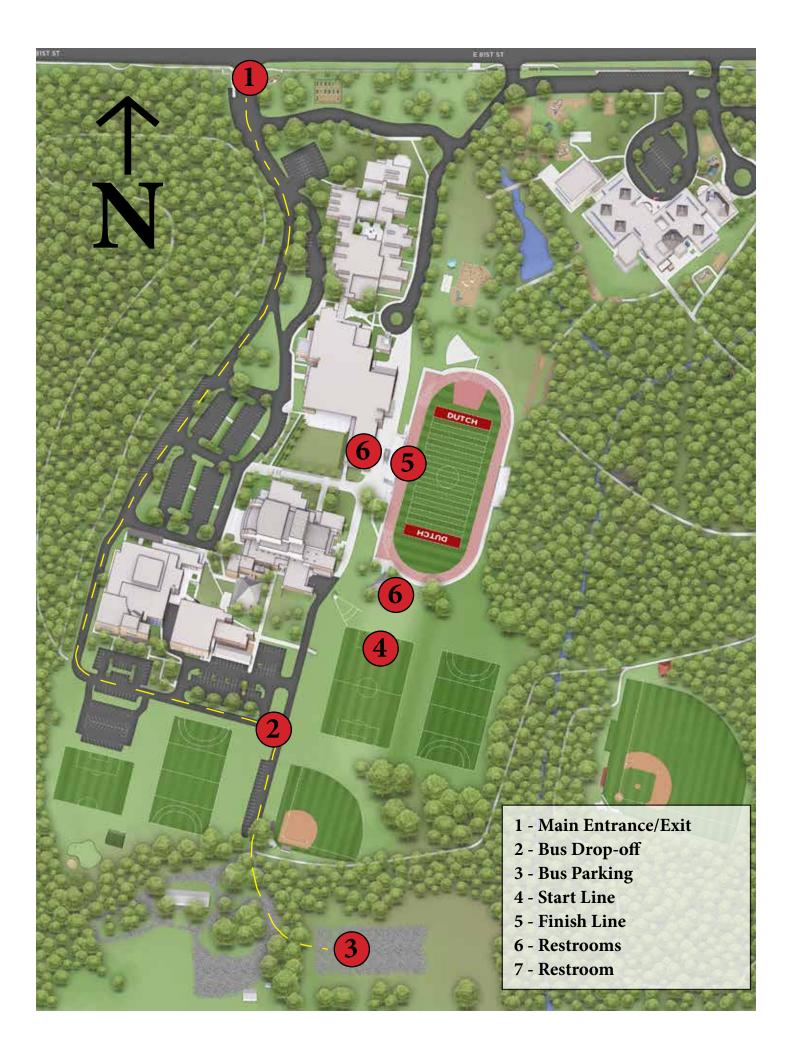
#### **CONTACT**

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 539-476-8166

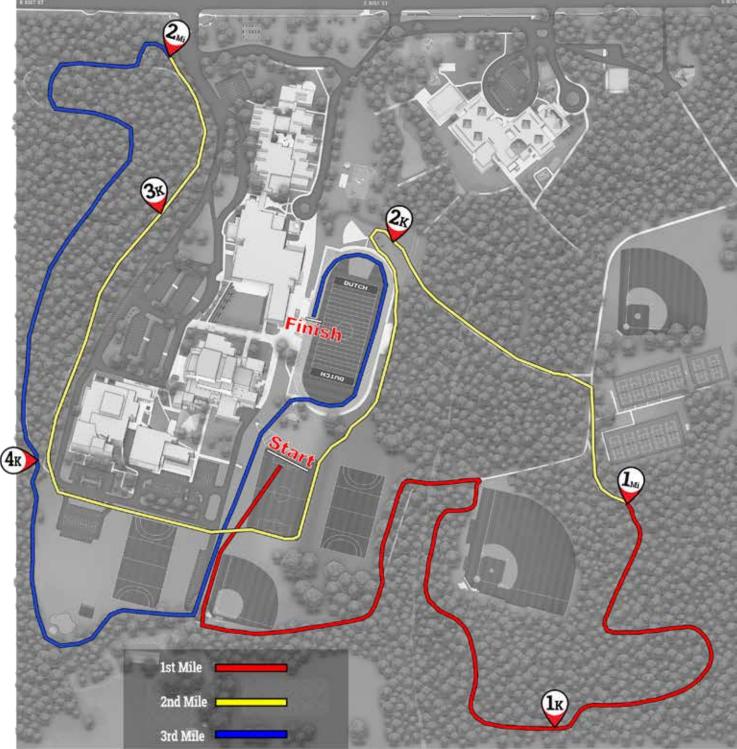
 Cell Phone:
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 Fax Number:
 918-481-1145

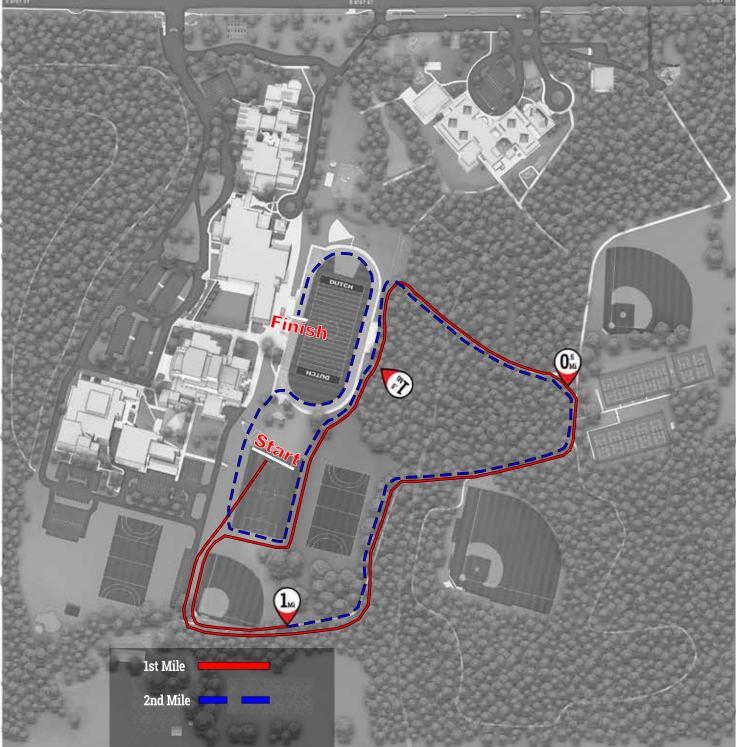
 Email:
 gspencer@hollandhall.org



## Holland Hall Cross Country 5000m



# Holland Hall Cross Country 3200m



# Holland Hall Cross Country 1600m

